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**Please amend the Claims as follows:**

1. (Currently Amended) A sock, especially for use in athletic activities, and to be worn in a shoe having at least one pad therein, said sock having padding in some areas, characterized in that the arrangement of pads (2) in the sock (1) is coordinated with the arrangement of the pad pads (4) in the shoe (3), the pads (2) comprise absorption pads (21,22), with a web (23) there between, whereby the pad of the shoe (3) cooperates with the web (23) and provides a continuous uniformly padded surface.
2. (Previously Presented) A sock according to Claim 1, characterized in that the pads (2) in the area of the instep are formed by absorption pads (21, 22) between which a web (23) is provided.
3. (Previously Presented) A sock according to Claim 2, characterized in that the absorption pads (21, 22) protrude beyond the web (23).
4. (Currently Amended) A sock according to Claim 4 15, characterized in that the pads (2) in the area of the heel are formed by the spacer pads (26, 27) with a web (28) being provided between them.

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5. (Previously Presented) A sock according to Claim 4, characterized in that the spacer pads (26, 27) protrude beyond the web (28).
6. (Currently Amended) A sock according to Claim 4, characterized in that the web (23, 28) is made of a climate regulating woven fabric.
7. (Currently Amended) A sock according to Claim 5, characterized in that the web (23, 28) is made of a climate regulating woven fabric.
8. (Previously Presented) A sock according to Claim 1, characterized in that the pads (2) are made of hollow chamber fibers covered with spun wool or cotton.
9. (Previously Presented) A sock according to Claim 3, characterized in that the pads (2) are made of hollow chamber fibers covered with spun wool or cotton.
10. (Previously Presented) A sock according to Claim 5, characterized in that the pads (2) are made of hollow chamber fibers covered with spun wool or cotton.

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11. (Previously Presented) A sock according to Claim 1, characterized in that the pads (2) are designed as a ring-shaped pad (24) enclosing a surface (25) in the area of the ankle.

12. (Cancelled).

13. (Previously Presented) A sock according to of Claim 1, characterized in that the sock has an air channel (15).

14. (Currently Amended) A sock according to Claim 2 17, characterized in that the absorption pads (21, 22) protrude beyond the web (23).

15. (Currently Amended) A sock according to Claim 4 16, characterized in that the spacer pads (26, 27) protrude beyond the web (28).

Please add Claims 16.and 17..

16. (New) A sock, especially for use in athletic activities, and to be worn in a shoe having at least one pad therein, said sock having padding in some areas, characterized

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in that the arrangement of pads (2) in the sock (1) is coordinated with the arrangement of the pad in the shoe (3), the pads (2) comprise spacer pads (26,27), with a web (28) there between, whereby said pad of the shoe (3) cooperates with the web (28) to avoid double padding and provide a uniform load distribution.

17. (New) A sock as in Claim 16, wherein, the pads (2) also comprise absorption pads (21,22), with a web (23) there between, and the shoe (3) has pads, at least one of which cooperates with the web (23) and provides a continuous uniformly padded surface.